

EUMA

2010

CONFERENCE



A BRAVE

NEW WORLD

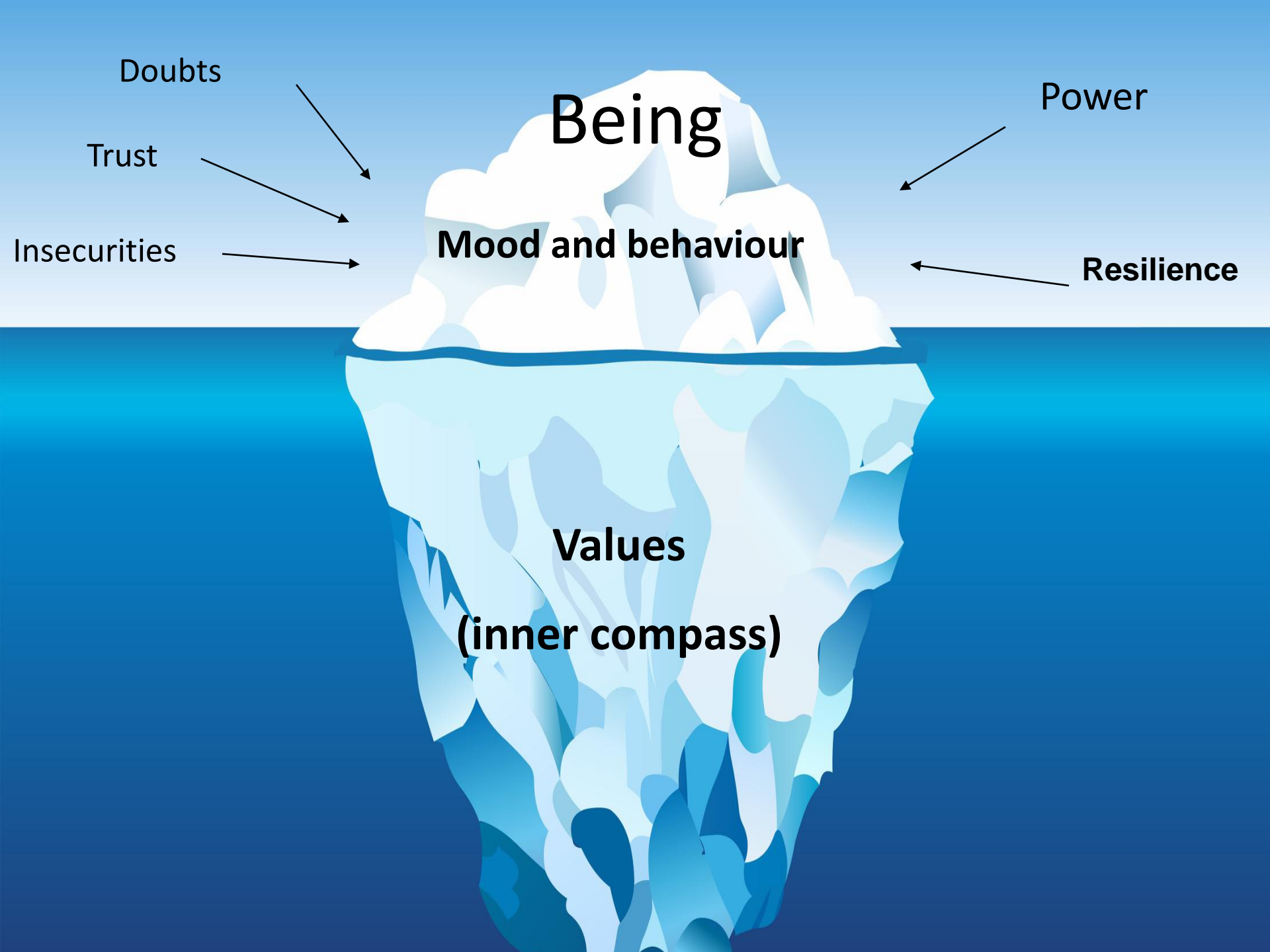
Focus on what matters for your future!

Norms and values: how to make choices in your career

Jan Willem Kirpestein

22 October 2010





Being

Mood and behaviour

Values

(inner compass)

Doubts

Trust

Insecurities

Power

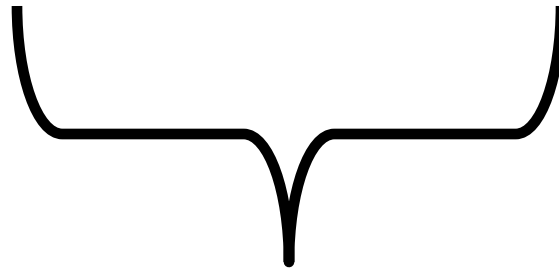
Resilience

The story of Margaret



Seeing (breaking through your own truths, 'aha')

Feeling (emotional blockage)



Embracing (accept the new and unexpected
by overcoming the voice of fear)

***Being and being able to let go of the rational
assumptions of the impossible and to challenge
feelings of disbelief***

What is holding you back?

- Barriers in seeing/mindset: **voice of judgement:**
“It doesn’t make sense”
Examples: *good is only good enough when everyone agrees or someone compliments me, everyone needs to like me etc.*
- Barriers in feeling/emotion: **voice of disbelief**
“It doesn’t feel right” or “I don’t believe it”
Examples: *Am I really worth it? Aren’t I completely alone in this?*
- Barriers in embracing/doing: **voice of fear** (taking the first step)



Original Motion
Picture Soundtrack

Man of La Mancha

Music Composed by
Mitch Leigh
Lyrics by
Joe Darion

